

Let's see what's for lunch...

Meat Free Monday (MF)

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - www.schoolfoodplan.com

MF Monday

Main Meals

- Roasted Vegetable & Bean Hotpot **Ve**
- Vegan Mince & Vegetable Pasta Bake (G,SO) **Ve**
- Pasta (G) with Cheese & Chive Sauce (G,MK) **V**

Vegetables

- Peas **Ve**

Dessert

- Apple & Cinnamon Sponge (G,E) with Custard (MK) **V**

Tuesday

Main Meals

- Beef & Broccoli Stir Fry (G,SO) with Egg Noodles (G,E) or Rice
- Squash & Lentil Curry (MU,g) with Steamed Rice **Ve**
- Jacket Potato with Cheese (MK) **V** or Salmon Mayonnaise (F,E)

Vegetables

- Chinese Cabbage **Ve**

Dessert

- Strawberry Cheesecake (G,MK,so,e) **V**

Wednesday

Main Meals

- Roast Chicken Fillets with Roast Potatoes & Gravy
- Vegan Cornish Pasty (G,SO) with Roast Potatoes **Ve**
- Pasta (G) with Roasted Tomato & Pepper Sauce **Ve**

Vegetables

- Green Cabbage & Carrots **Ve**

Dessert

- Chocolate Sponge (G,E) & Chocolate Sauce (MK) **V**

Thursday

Main Meals

- Cumberland Sausage (G,SU) with Mash (MK) & Gravy
- Lentil & Layered Vegetable Baked Ratatouille (g) **Ve**
- Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables

- Green Beans & Cauliflower **Ve**

Dessert

- Fruit Burst Jelly **V**

Friday

Main Meals

- Fish Finger (G,F) Bap (G,se) with Homemade Tartare Sauce (G,E,SU) & Side Salad
- Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad **Ve**
- Pasta (G) with Creamy Mushroom Sauce (G,MK) **V**

Vegetables

- Baked Beans & Sweetcorn **Ve**

Dessert

- Chocolate & Orange Cookie (G,mk) **V**

Freshly Baked Bread:

- Pumpkin & Carrot (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 1:

12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

MF Monday

Main Meals

- Cauliflower Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) **V**
- Tofu Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice **Ve**
- Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables

- Green Beans **Ve**

Dessert

- Coconut & Jam Sponge (G,E,SU) with Custard (MK) **V**

Tuesday

Main Meals

- Beef & Bean Chilli Con Carne (g) served with Baked Potato
- Vegan Chilli Con Carne (SO) served with Baked Potato **Ve**
- Pasta (G) with Spinach & Onion Sauce (G,MK) **V**

Vegetables

- Sweetcorn **Ve**

Dessert

- Berry Crumble Slice (G) **Ve**

Wednesday

Main Meals

- Roast Pork with Roast Potatoes & Gravy
- Courgette, Tomato & Feta Pasta Bake (G,MK) **V**
- Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables

- Roasted Butternut Squash & Kale **Ve**

Dessert

- Orange & Poppy Seed Sponge (G,E) **V**

Thursday

Main Meals

- Chicken & Vegetable Curry (MU) with Steamed Rice
- Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**
- Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

- Carrots & Cauliflower **Ve**

Dessert

- Cherry Cookie (G,SU) **Ve**

Friday

Main Meals

- Oven Baked Battered Fish (G,F) with Baked Chips
- Roasted Vegetable & Chick Pea Wrap (G,MK) **V**
- Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables

- Baked Beans & Garden Peas **Ve**

Dessert

- Vanilla & Sultana Sponge (G,E) with Custard (MK) **V**

Freshly Baked Bread:

- Courgette, Oat & Thyme (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 2:

19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

MF Monday

Main Meals

- Chick Pea & Vegetable Curry with Rice **Ve**
- Homemade Vegan Burger (G,se) with Baked Sweet Potato **Ve**
- Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

Vegetables

- Broccoli Florets **Ve**

Dessert

- Carrot & Apple Flapjack (G) **V**

Tuesday

Main Meals

- Spaghetti (G) Bolognese
- Carrot & Pea Risotto **Ve**
- Jacket Potato with Baked Beans **Ve** Cheese (MK) **V**, or Bolognese

Vegetables

- Carrots & Peas **Ve**

Dessert

- Lemon Drizzle Cake (G,E,SU) **V**

Wednesday

Main Meals

- Roast Turkey with Roast Potatoes & Gravy
- Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy **Ve**
- Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) **V**

Vegetables

- Green Cabbage & Roast Carrots **Ve**

Dessert

- Banana & Sultana Cake (G,E) with Custard (MK) **V**

Thursday

Main Meals

- Creamy Chicken & Vegetables (G,MK) with Pasta (G)
- Margherita Pizza (G,MK) with Potato Salad (E) **V**
- Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables

- Sweetcorn **Ve**

Dessert

- Chilled Rice Pudding with Berry Compote (MK) **V**

Friday

Main Meals

- Fish Fingers (G,F) with Oven Baked Chips
- Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips **Ve**
- Pasta (G) with Lentil & Bean Sauce (g) **Ve**

Vegetables

- Baked Beans & Garden Peas **Ve**

Dessert

- Chocolate & Raisin Shortbread (G) **Ve**

Freshly Baked Bread:

- Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 3:

26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

Allergen Key - CAPITAL LETTERS = contains, lower case = may contain

Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1Portersgrange

Available Every Day

Fresh Fruit Platter **Ve**
Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

April 2021

pabulum
HONESTLY GOOD FOOD

All products are subject to availability.